

**Mitchell Woods Public School
670 Willow Road
Guelph, Ontario**

Principal: Mair Ann Gault

Vice Principal: Sarah Garrett

APRIL 2019



For many of us the most valuable gift we can give is the gift of time. Time seems to be in short supply in today's society! At this point in the year, I'd like to take a moment to thank all of you who share your most valuable commodity, time, with your children and with their school. Whether you are one of the many parents who volunteer to supervise field trips, do homework with your child, check the daily agenda, attend School Council meetings, come in to meet with teachers, or many of the other little actions that take time away from your busy schedules, we thank you. The time you spend supporting your child's education is time that is never wasted. We so appreciate you sharing your gifts. It makes a difference.

Mair Ann Gault - Principal - Mitchell Woods P.S.

MOVING

Planning for the 2019-2020 school year is underway. If you will be moving this summer, or know of someone moving into the school area, please notify the school office as soon as possible. This will help with the organization of teachers and classrooms at Mitchell Woods.

INFORMATION UPDATES

Have you changed your home phone number or work location recently? This is just a reminder to please inform the office (519 829-3123) of any changes in your information i.e. telephone number, place of work, emergency number, babysitter, etc. It is important that we keep this information up to date so that we are able to contact you if necessary.

JUNIOR KINDERGARTEN

We continue to register children for our September 2019 Kindergarten classes. If you have a child who will turn **4 (Junior Kindergarten)** or **5 (Senior Kindergarten)** on or before December 31st please call the school.

SNACK PROGRAM

Our snack program continues to run three days a week for those who need a healthy snack throughout the day.



Healthy food donations such as fruit cups, apple sauce and peanut-free granola bars are always welcome. Please see Amy Fonte (Child and Youth Worker) for more information.

EQAO DATES

The EQAO assessments will be administered this year for grade threes and sixes from May 21st – June 3rd. Please plan to ensure your child is present during this time frame.

HELP NEEDED

We are looking for volunteers to assist us with scribing for students writing EQAO this spring. As a scribe you would be working with one student, writing down exactly what the student says in response to a question. More information will be provided if you are available to volunteer.

The dates and times are as follows:

May 22, 24, 27, 29, 30, 31

8:45 – 10:25 and 11:10 – 12:50

Please note that preference will be given to individuals available for the entire time, however, if you are able to commit to even a few days, or one of the time blocks, please let the school know (519-829-3123 ext. 224 or sarah.garrett@ugdsb.on.ca)

SCHOOL COUNCIL REPORT

We hope that your families all enjoyed spring break, now all we need is sunshine!!!

Coming in April:

- Upcoming movie night in the gym. Details will be sent home with your student.
- Bonus Lunchbox order of Easter Cupcakes on April 16th. Details of how to order will be sent home with your student.

School Council is a great way for caregivers to get involved in their student's school. Meetings are held monthly from 6:15-8:00pm in the library on the following Mondays: May 6 and June 10. Even though there are only 2 meetings left it's never too late to come and see what school council is all about.

For more information please contact Amanda Dawson at ilove2bake247@gmail.com or contact the

school to leave a message for Amanda, who will follow-up with you.

DISMISSAL

Just a reminder to parents that school dismisses at 3:15 pm. **Students are expected to be picked up by 3:15 pm.** Unfortunately, staff are busy with preparations for the next day, meetings etc. and cannot supervise children after 3:15 pm. Your support with this matter would be greatly appreciated.

SCOOTERS AND BIKES

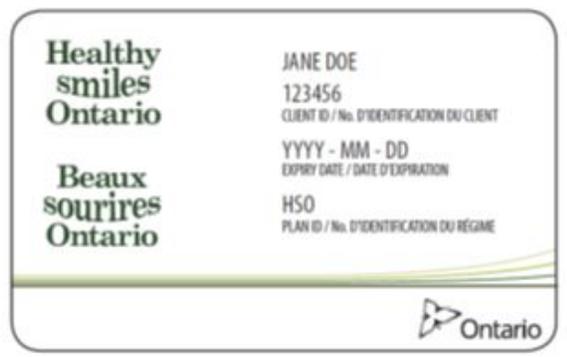
Spring weather is right around the corner and it's wonderful to see so many students riding their bikes and scooters to school. Please remind your child to lock up both at the designated racks to avoid them being taken. And remind your child that all bikes and scooters must remain outside *and be walked once on school property.*

FREE DENTAL CARE FOR CHILDREN

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth.

Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information: <https://www.wdgpUBLICHEALTH.ca/your-kids/dental-oral-health>

CELEBRATE EARTH DAY

APRIL 22, 2019

waystogogreenblog.com

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>

Earth Day 2019 Theme: Protect our Species

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species. Go to <https://earthday.org> for some quick facts on the current wave of extinction and additional information about this problem.

Ideas for your family to celebrate Earth Day:

- Review last year's Earth Day Theme on ending plastic pollution, as this important work continues. Make a pledge to always carry a reusable shopping bag, use alternatives to Ziploc bags, buy in bulk, refuse to buy over-packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem. Help End Plastic Pollution!
<https://www.earthday.org/yourjourney2018/>

- Spend a day outside in the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.

- Make commitments to cut down on your energy usage as well as waste. Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes.

- Learn more about the environment and the effects of global warming. Encourage awareness and promote the Reduce (buy less), Reuse (repurpose it) and Recycle (sort it right!) way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

TALKING ABOUT MENTAL HEALTH: April 2019 Jumpstart your Brain this Spring

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

Feed Your Brain: Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.

Get Quality Sleep: It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don't drink sugary or caffeinated drinks. Is your brain getting enough recharge time?

Get Outside and Move: Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try

and count your steps for one minute – it's not that easy!! Fresh air, exercise and movement are all fuel for your brain!

Take a Mental Vacation:

Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into "relax" mode.

Be Creative! Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!

Exercise Your Brain: Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

Jenny Marino, Mental Health Lead

Follow me on Instagram
@ugdsb_mental_health